

Statistics Report 19819, Snacks, rice cakes, brown rice, sesame seed, unsalted

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	5.90	--	0.318	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Energy	kcal	392	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Energy	kJ	1640	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	7.60	--	0.325	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Total lipid (fat)	g	3.80	--	0.241	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Ash	g	1.20	--	0.163	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Carbohydrate, by difference	g	81.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Minerals													
Calcium, Ca	mg	12	--	1.779	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Iron, Fe	mg	1.58	--	0.248	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Magnesium, Mg	mg	136	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Phosphorus, P	mg	375	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K	mg	290	--	13.163	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Sodium, Na	mg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Zinc, Zn	mg	3.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Copper, Cu	mg	0.390	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Manganese, Mn	mg	4.299	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Selenium, Se	µg	24.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	3.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Thiamin	mg	0.048	--	0.011	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Riboflavin	mg	0.085	--	0.013	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Niacin	mg	7.205	--	0.632	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Pantothenic acid	mg	1.461	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Vitamin B-6	mg	0.155	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Folate, total	µg	18	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	18	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Folate, DFE	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Lipids													
Fatty acids, total saturated	g	0.540	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
14:0	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
16:0	g	0.430	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:0	g	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Fatty acids, total monounsaturated	g	1.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
16:1 undifferentiated	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:1 undifferentiated	g	1.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Fatty acids, total polyunsaturated	g	1.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:2 undifferentiated	g	1.110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:3 undifferentiated	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Amino Acids													
Tryptophan	g	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Threonine	g	0.279	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Isoleucine	g	0.321	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Leucine	g	0.625	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Lysine	g	0.288	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Methionine	g	0.174	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Cystine	g	0.094	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Phenylalanine	g	0.391	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

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Tyrosine	g	0.286	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Valine	g	0.444	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Arginine	g	0.595	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Histidine	g	0.193	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Alanine	g	0.440	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Aspartic acid	g	0.710	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Glutamic acid	g	1.550	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Glycine	g	0.380	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Proline	g	0.355	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Serine	g	0.394	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991